



# East Down and Arlington News - FEBRUARY



**THANK YOU FOR SUPPORTING YOUR VILLAGE HALL**

## **FEBRUARY COFFEESHOP**

February 7 10.30 – 1 noon with hosts Mike & Sally Corfield. Come along and meet friends and neighbours over a sociable coffee or tea in the warm and convivial Village Hall discussing events and activities just past and to come in 2019. Any contributions sweet or savoury always gratefully received. All residents of East Down, Arlington and further afield are most welcome, with payment by modest donation to cover costs, no need to book, just drop in.

## **FLOWER AND CHURCH CLEANING ROTA**

3<sup>rd</sup> - 10<sup>th</sup> February Liz and Amanda Smyth  
17<sup>th</sup> - 24<sup>th</sup> Jill and John Parker

## **VILLAGE HALL -- REGULAR ACTIVITIES**

**Cleaning Rota – FEBRUARY - Wendy Down**

Table Tennis- Tuesdays 7.00 pm, Peter Bunch 850215

Art Group – Wednesday 2-4 pm Margaret Smith 850727

Intensive Fitness Class - Wednesday 6.00 -7.00 pm John Denyer 07402 920720/07341 336689

Seniors Keep Fit – Thursdays 9.15 - 10.15am Linda Banting 07545 122181

Indoor Short Mat Bowls –Thursdays 2.00 – 4.00 pm– Rod Crossman 850704

## **Monthly Events**

Parish Council – 3rd Monday 7.30 pm (Meeting Room) Margaret Done 850432

Blackmore Gate YFC –1st Tuesday 7.00 -10.00 pm, Amanda Smyth 850808

Coffeeshop - 1st Thursday 10.30 - 12.00 noon Peter Bunch 850215

**Extras This Month** 1<sup>st</sup> – 3<sup>rd</sup> February - Combe Martin Guides

## **FUTURE DATES FOR THE DIARY**

Bridge Day – 30<sup>th</sup> March from 12 noon in aid of East Down Church

East Down with Arlington PCC- APCM(AGM) 7 pm April 4th

Bingo will be on April 27th, and then again on 26th October

Tractor Run - July 13th

The summer quiz will be on 19th July starting promptly at 19.30pm.

Concert in St James Church Arlington - July, watch this space!

The Produce Show will be on Sunday 11th August.

60's/70's/80's Disco will be on 23rd November.

## **NEW YEAR COFFEESHOP**

Released from post Christmas and New Year stupor, on the beautifully bright and cold day of January 3<sup>rd</sup>, the cosy Meeting Room at the Village Hall, empty at the start time of 10.30, by 11am was overflowing with villagers from East Down and Arlington, including a number of grandchildren being sociably childminded, together with many expats back to experience the warmth and bonhomie of a gathering of friends and neighbours enjoying an excellent selection of homemade comestibles, inevitably featuring some delicious leftovers from Christmas including giant size sausage rolls, luxury frangipane mince pies and an intriguing flour free Christmas Cake full of fruit and nuts, all washed down with copious supplies of freshly brewed coffee and tea served up by this month's hosts Pat and Peter Bunch.

The 100 club draw 1<sup>st</sup> prize went to Philip Down, whose wife Wendy promptly bought another entry to keep the good luck flowing, with 2<sup>nd</sup> prize to Liz and Bryan Smyth and donations for Village Hall maintenance were a healthy £66. The monthly hosting slots for this year are fast being taken up with only April, July and August to fill – have a look at the list when next in the hall to see if you can join in. Next date for your diary February 7, to be hosted by Sally and Mike Corfield.

## **EAST DOWN v WEST DOWN Annual Boxing Day Football**

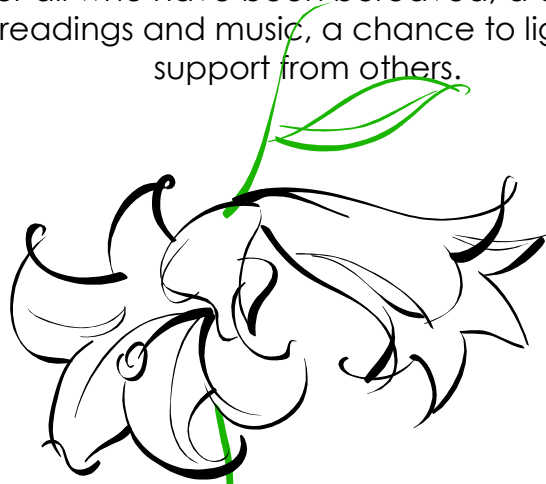
ended 4-4 ,a good game it was too with plenty of volunteer players enabling substitute involvement . East Down remain undefeated for a few years now. Full report on separate sheets.

## **SENIORS KEEP FIT**

Had interested spectators at the Village Hall recently when 2 curious sheep looked through the window in amazement at strange humans twirling pom poms to a catchy beat! Seriously, FABS, standing for Flexibility, Aerobic, Balance and Strength, aimed at Senior members of the community, has just passed its first anniversary at East Down with Linda Banting taking a core group of 5 – 8 local residents through their paces weekly for an hour 9.15 – 10.15 every Thursday morning. Without exception all reported feeling fitter and the group would welcome additional members to join in this fun and unpressurised way of keeping fit in the Senior years. Cost is only £4 a session with taster class free. For further information contact Linda at 07545 122181 or just turn up in casual clothing and soft shoes and give it a try.

You are warmly invited to a  
***Remembering Service***  
to be held on Sunday 17<sup>th</sup> February  
at 2.30pm, St. Peter's Church, Shirwell

This will be a simple service for all who have been bereaved, a chance to remember loved ones and to reflect using poems, readings and music, a chance to light a candle, to pray and to find support from others.



The service will be followed by refreshments.

## **SHIRWELL VILLAGE HALL FORTHCOMING EVENTS**

Friday 22<sup>nd</sup> February - Beaford Arts event, Sarah McQuaid 'If we dig any deeper it could get dangerous' Folk music evening. Tickets £12 adults, £8 children and £30 for family of 4. To include Chilli or Cottage Pie. Bring your own drink.

Quiz: Saturday March 16<sup>th</sup> to include Bangers & Mash supper. BYO drink

Supper Club: Saturday 6<sup>th</sup> April, tickets limited to 24. 3 course meal more details to follow. BYO drink

Plant Sale: Saturday 27<sup>th</sup> April

Saturday 30<sup>th</sup> November Christmas Wreath Making workshop. Lunch will be provided.

December date to be confirmed: Christmas musical evening.

For tickets for all above events please call Lynn Campbell on 850175

Other regular events, fortnightly Whist Drive, next date Friday 1<sup>st</sup> February. Short mat bowls weekly on a Wednesday afternoon. Monthly coffee morning 4<sup>th</sup> Thursday. Soup lunch for over 50's 3<sup>rd</sup> Wednesday.

This is the list so far.

"The Devon Air Ambulance needs a community of volunteers to keep our 19 charity shops open and helicopters flying. Could you occasionally spare an hour or two to help your local shop? You do not have to have any previous retail experience as we offer friendly support, training and encouragement. This opportunity would suit anyone who may like to get out of the house, make new friends and do something worthwhile, all while having fun! To find out where your nearest shop is and how you can help, please contact our volunteer manager Cara Jones on 01392 466 666 / [c.jones@daat.org](mailto:c.jones@daat.org)."

**YOGA CLASSES** plans are now well advanced for regular sessions during 2019 at East Down Village Hall. Ring Rod Crossman 850704 to find out proposed days and times and register your interest.

## **WANT TO USE THE VILLAGE HALL?**

The hall is available to hire for parties/events from £6 per hour including all crockery and glasses. If you'd like occasional use of the hall for a hobby or games/exercise speak to one of the Trustees who may be able to agree a lower fee for daytime use. If you are planning an event on behalf of a charity then please have a word with one of the Trustees as the hall hire charge may be waived to allow you to raise even more for your cause. To book ring Ray Thomas on 850464.